EFFECT OF SELF-EFFICACY AND BIG FIVE PERSONALITY ON LIFE SATIFACTION AMONG SCHEDULE CASTE WORKING AND NON-WORKING WOMEN

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• INTRODUCTION

The preseproposed study is aimed at studying the effect of self efficacy and big five factors of personality on life satisfaction among schedule caste working and non – working women. It is indeed that the Positive psychology movement was fueled by seligman's presidential speech at the APA conference in 1998. Seligman and csikszentmihalyi (2000) issued a coll for a broader definition of mental health beyond the absence of psychotic symptoms. This movement has led to widespread recognition that complete mental health is characterized not only by the absence of problems or distress, but also by the presence of strengths and positive qualities that allow individuals to flourish. As a result, researchers have increasingly examined a wide range of positive indicators of healthy functioning with subjective well-being an important one among them. Subjective well-being is considered a multidimensional construct that includes both cognitive and emotional factors (Diener,1984). Life satisfaction is considered that cognitive components of subjective well-being and involves a global assessment of the quality of One's life.

Life satisfaction is the way that people reflect on their emotions, feelings, and how they feel about their directions and choices for the future (Paul,2016). It is a measure of well-being assessed in terms of mood, satisfaction with relationships, goals achieved, self-

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concepts, and self-perceived ability to cope with one's daily life. Life satisfaction involves a favorable outlook towards one's life rather than an assessment of current feelings. It is an important part of subjective well-being.

Life satisfaction is influenced by many factors some of which are included in the present study:

- **Self-efficacy**

  Bandura's (1982-1997) social cognitive theory is the foundation of self-efficacy as a part of psychological capital.

  Self-efficacy is the belief in one's ability to muster the cognitive resources and task strategies necessary to successfully complete a task within a particular setting (luthans,2010) A state, not a trait of mind, is psychological capital (Avey et. all, 2009: Luthans& Youssef, 2004) According to Harns and Luthans (2012). Efficacy is self-assurence in the ability to complete and finish activities. Employees with greater or stronger self-efficacy may be more successful (Avey, Richard, Luthans, &Mhatre, 2011) According to research these attitudes are "the most important predictors of the behaviors people choose to adopt and how persistent they are in their efforts in the face of difficulties and challenges" (Maddur,2002).

- **Big five personality**

  The big five personality concept was developed by McCrae and Costa (1987) which describes personality as a combination of five core dimensions this is commonly

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known as the big five factor model. The five traits include extraversion, agreeableness, neuraticism, conscientiousness, and openness to experience. Extraversion refers to the degree to which a person is sociable cheerful, and active. A person high in Extraversion is expected to be talkative influential, and sociable, while a person low in this variable would be more quiet, unemotional, and passive. Agreeableness measures a person's experience of negative emotions. People who are high in neuroticism will be more who are high in neuroticism will be more emotional, vulnerable, and anxious while people who are low in this trait will be more calm, self-controlled, and possess a greater sense of well-being. Conscientiousness describes the extent to which a person will work hard, maintain order, and be self-disciplined. Finally, openness refers to the extent to which a person has artistic, imaginative, and intellectual interests. People who are high in openness are creative, imaginative, and like variety while people who are low in this variable are non-creative, down to earth, and like routine.

- **Demographic Variable**

The variable as age, sex, family type, place of residence, etc. wich describes the demography of the population (or sample) is called demographic variables. Here in the present study age and sex have been studied in relation to the satisfaction in life of the participants.

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• REVIEW OF LITERATURE

Szezesniak, Sopinska and kroplewski (2019) conducted a research and found that personality represents one of the most significant predictors of life satisfaction. The sample consisted of 213 participants (72% women) aged between 18 and 75. The average age was approx. 32. They found that life satisfaction positively correlated with extraversion, agreeableness, and conscientiousness. Moreover, life Satisfaction negatively correlated with neuroticism. A similar pattern of results, even slightly stronger, was found in the Case of positivity and personality traits. Contrary to our assumptions, neither life satisfaction nor positivity correlated with openness to experience. Extraversion and agreeableness correlated positively with religious attitude, personal religiousness and its four dimensions. Conscientiousness correlated positively only with faith, personal religiousness, and religious attitude. We also found negative and significant correlations between openness and all of the dimensions of personal religiousness.

A study carried out by Deneve and Cooper in 1998, multiple studies were analysed with certain personality questionnaires that linked subjective well-being and personality measures. They found that neuroticism was the strongest predictor of life satisfaction. The personality factor "openness to experience" is positively correlated with life satisfaction.

Self-efficacy and spiritual values were found significant predictors of life satisfaction among school teachers. Study consisted of 120 school teachers from different districts of

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Uttar Pradesh, India. Pearson product moment correlation was applied to study the relationship among self-efficacy, spiritual values and life satisfaction; whereas it was found that these all the three variables (i.e. self-efficacy, spiritual values and life satisfaction) are positively and significantly correlated with each other. The multiple linear (stepwise) regression was administered to study the contribution of teacher's self-efficacy and spiritual values on life satisfaction, result shows that teacher's self-efficacy and spiritual values are accounted for a significant amount of variance in life satisfaction of school teachers (Ansari, 2017).

After reviewed of the survey of literature, it has been observed that various studies in relation to life satisfaction has been found but none of the studies has been found with special reference to districts of Mithila region. Hence, it has been decided to see the effect of self efficacy and big five factors of personality among schedule cast working and non – working women with particular reference to Darbhanga district.

- **OBJECTIVE**

Broad objectives of the proposed research work are as follows:

- To know the effect of self-efficacy on life satisfaction among schedule cast working and non-working women.
- To know the effect of big five personality on life satisfaction of schedule cast working and non-working women.

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- To see the significant difference between the group of schedule caste working and non working women in terms of their degree of self efficacy, big five personality and life satisfaction as well.
- To know the relationship between all five dimensions of personality traits and life satisfaction of schedule cast working and non-working women.
- To know the relationship between various factor (Occupation, family type, urban-rural area etc.) on life satisfaction of schedule cast working and non-working women.

• HYPOTHESES

Keeping in view above broad objectives, following tentative hypotheses are formulated:

- There will be no significant correlation between self-efficacy and life satisfaction among working schedule cast women.
- There will be no significant correlation between self-efficacy and life satisfaction among non-working scheduled cast women.
- There will be no significant correlation between all five dimensions of personality and life satisfaction of scheduled cast non-working women.
- There will be no significant correlation between all five dimensions of personality and life satisfaction of schedule cast working women.

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- There will be no significant difference between schedule cast working and non-working women in terms of their life satisfaction.
- There will be no significant difference between working scheduled caste and non-working scheduled cast women in terms of their self-efficacy.
- There will be no significant difference between scheduled cast non-working working women in terms of their big-five factors of personality.

• RSEARCH METHODOLOGY

The following steps are used in carrying out the proposed research work.

- **Sample:** Total sample (N=300) is planned to be randomly selected, comprising non-working schedule cast women (N=150) and working schedule cast women (N=150) from Darbhanga district. Respondents are widely to be chosen from different age group and different areas of locality to make sample more appropriate.
- **TOOLS AND MATERIALS USED:**

  The following tools are likely to be used in carrying out the proposed research work, are as follows:

  - **Life Satisfaction Scale:** - To measure life satisfaction of the working scheduled cast and non-working scheduled caste women, a scale developed by Pramod Kumar and Jayshree Dhyani (2006). This scale consists 54 items into 5 areas,

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viz., mental, job, social marital and family. And other similar scale is also likely to be used depending upon the availability.

- **Self-efficacy Scale:** - S. Sud, R. Schwarzer and M. Jerusalem developed a scale to measure self-efficacy (2002). It is a 10 items scale on a 4 point scale. And other similar scale is also likely to be used depending upon the availability of the scale.

- **Big Five Personality Scale:** - Johan and Srivastava developed this scale in 1999. The big five personality scale comprises altogether 44 items. It is a 5 point rating scale ranging from strongly disagrees to strongly agree. And other similar scale is also likely to be used depending upon the availability.

- **Personal Information Sheet:** - A short Personal Information SheetI will be prepared by researcher herself for felicitating information of Age, No dependents, years of service, organizational concern, rural, urban Inhabitant, total family Income and the family structure and area of locality, etc.

Procedure:

Above mentioned measures in printed form will be administered on each and every working and non – working women belonging to schedule caste. Having collected the information on the schedules, individual scores will be summed up as per norms of the scales for giving statistical analysis.

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Statistical Analyses:

On the basis of the objective of the research and the hypotheses formulated appropriate statistical analyses will be used to achieve the aims of the proposed research.

RESULTS AND DISCUSSIONS:

After obtaining the results of the study, the obtained results will be discussed in detail by highlighting appropriate reasons.

CONCLUSIONS, SUGGESTIONS AND SUMMARY:

After discussing the obtained results the conclusions will be drawn and suggestions may be given, if needed. Finally whole research will be summarized in an appropriate style.

PLAN OF THE PROPOSED RESEARCH, CHAPTER – WISE, that follows:

TENTATIVE PLAN OF THIS RESEARCH WORK

The following steps of this research work will be used as tentative plan that are as follows: -

1. Introduction
2. Review of literature
3. Objectives and Hypotheses
4. Research Methodology
5. Results and Discussions

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6. Conclusions, suggestions and summary

References.

N.B: minor changes might be taken during the course of research work, if needed.

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